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The right touch

Jason Segel and Emily Blunt have charisma to burn in quirky rom-com The Five-Year Engagement PAGE 9

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Riders hold on to No. 1 Pick

CFL draft on May 3. University of Saskatchewan Huskie still likely to go to Riders

The Saskatchewan Roughriders still own the first pick of the 2012 CFL Canadian college draft.

A club spokesman confirmed that Thursday after the Edmonton Eskimos announced earlier that Saskatchewan Huskies offensive lineman Ben Heenan would be in the Alberta city for a visit.

The Roughriders and Eskimos hold the first and second picks, respectively, in the May 3 draft with Heenan projected to be taken first overall.

Heenan's arrival in Edmonton prompted speculation that the Eskimos had reached a deal with the Riders for the No. 1 pick and therefore could bring Heenan to town knowing they'd be drafting him next week.

On Thursday, officials with both the Roughriders and Eskimos said no deal has been made between the two clubs for the No. 1 pick and that Heenan's visit to Alberta was just a chance for him to tour Edmonton's facility.

The Riders official added the Saskatchewan club has made "no deal" with any CFL club for the No. 1 pick.

Adding a quality player who is from Saskatchewan — the six-foot-four, 310-pound Heenan is a native of Grand Coulee — appears to be a win-win situation for the Roughriders, who missed the CFL playoffs last season. However, the club added veteran offensive linemen Brendon LaBatte and Dominic Picard in free agency this off-season and is working on a contract extension with Chris Best, another veteran.

Edmonton GM Eric Tillman has been open about his admiration of Heenan and several league sources have said Tillman has been working hard to make a deal with Saskatchewan for the top pick of the draft in order to have a shot at Heenan.

Saskatchewan GM Brendan Taman has said he would like to hold on to the No. 1 selection and would only consider giving it up if another team was willing to surrender a Canadian starter and additional picks to the Riders.

THE CANADIAN PRESS

The Saskatchewan Huskies' Ben Heenan stretches in London, Ont., in this May 7, 2010, photo. Heenan is ranked second among prospects heading into the 2012 Canadian college draft to be held on May 3. DAVE CHIDLEY/THE CANADIAN PRESS

Peering into the crystal ball

With the ESP Psychic Fair coming to town this weekend, the fair's organizer tells Metro what's in the (tarot) cards for Saskatoon PAGE 2

Songs of mourning

Thousands took to the streets in Norway to commemorate the 77 killed by fanatic Anders Behring Breivik PAGE 4

Let us braise

Slow-cooked balsamic short ribs and mashed potatoes will sate any appetite PAGE 13

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1 NEWS

On the web

Risqué reading

Seems it's not just the ladies who are devoted to the erotic trilogy Fifty Shades of Grey. Men — young, old, gay and straight — have been devouring newcomer EL James' sexy series. Read the full story at metronews.ca

Who's teasing who?

Teachers south of the border have been caught hurling insults such as "bastard," "'tard," "damn dumb" and "hippo in a ballerina suit" at a special-needs student. Suspicious parents had armed their kids with audio recorders to figure out what was going on at school. Watch at metronews.ca

Mobile news

After two emergency landings in one week caused by birds flying into planes, a U.S. senator is asking for a solution that could solve the problem once and for all. Scan the code to read about the fatal goose roundup

Saskatoon's future predicted as psychics descend on city

New thinking. Fair features palm and tarot-card readings, fortune tellers

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A handful of the country's top psychics are in the city this weekend.

The ESP Psychic Fair, a touring group made up of 12 psychics, will get underway at the Saskatoon Best Western Harvest Inn.

The fair will provide the opportunity for the public to have their palms read, tarot cards read and fortune told through a crystal ball.

"This gives you the choice of which one you would like to go to," said David Dunne, organizer of the ESP Psychic Fair.

"Not all psychics are good for one person," he continued, adding the fair is also a good place for an individual to get introduced to fortune telling.

"We get a lot of people who are skeptic, but our doors open, we don't force them in, but a lot of them change their mind," said Dunne.

David Dunne says ...

A psychic's predictions for Saskatoon:

- The city will invest in more parks.
- Plans for rapid transit will start to be discussed.
- Saskatoon will outgrow Regina.
- It will take some time, but Saskatoon will get an NHL team.
- Mayor Don Atchison is still a strong competitor for the upcoming Oct. 24 municipal election.

David Dunne, psychic reader and organizer of the ESP Psychic Fair, poses for a photo with his deck of tarot cards. MORGAN MODJESKI/METRO

Bike plan lacks safety features: Group

Saskatoon Cycles says the city needs to do more in terms of safety on bike boulevards. MORGAN MODJESKI/METRO

A 17-year-old cyclist was taken to hospital with non-life-threatening injuries after being hit by an SUV at the intersection of Hart Road and Bowlt Crescent Thursday morning. Charges are pending against the cyclist for allegedly riding his bike in a marked pedestrian crossing.

Saskatoon's cycling-advocacy group says the city's new plan for a bike boulevard that debuted Wednesday is lacking some key elements that would ensure cyclist safety.

Colin French, co-president of Saskatoon Cycles, said the bike-boulevard plan needs to further separate cyclists from high-speed traffic.

"One of the key features of bike boulevards need to be structures that will actually reduce vehicle speed and also reduce through traffic," said French. "It should favour local residents accessing their properties and discourage people from driving through who aren't local."

Safety first

The city's bike boulevard would aim not only at making the city more eco-friendly, but also safer by preventing incidents such as the one that took place on Thursday morning.

According to French, this will encourage more inexperienced cyclists.

"It simply identifies an already fairly quiet street, but that rider doesn't see any features that would give them the confidence that they're not going to interact with vehicles any differently than they do now," said French.

"It's those kind of reluctant riders that bikeways, bike routes and bike boulevards should be designed for."

Angela Gardiner, manager of the city's transportation branch, said city administration will be working with Saskatoon Cycles and the public to ensure the project meets the needs of cyclists.

"The purpose of the open house was to get feedback, from not only Saskatoon Cycles but from anyone," said Gardiner. "We have heard all of the feedback and we'll be reviewing the design to determine how it can be incorporated into the design to make sure all of these concerns are addressed."

MORGAN MODJESKI/METRO

Crime

Man robbed and abandoned on road

Police are investigating an assault and robbery that occurred early Thursday morning at the end of 33rd West Street, near the Dalmeny highway.

Police responded after a passing motorist was flagged down by a 41-year-old man, who was suffering on the side of the road from minor injuries.

The man, from Edmonton, said he was at a party on Idylwyld Drive when he and several other people decided to make a trip to the store. Instead, police said the suspects drove the victim west of the city, demanded cash, assaulted him and abandoned him in the area.

The suspects are described as four men, one Caucasian and the other three aboriginal. METRO

Crime

From car chase to foot chase

A stolen van was spotted by police Wednesday night. They said they activated lights and sirens, but the driver refused to stop. The van rolled into a ditch, at which point the driver allegedly fled. The passenger surrendered while the driver was chased down. METRO

Crime

Arrests made after speeding incident

Two arrests were made Wednesday after an officer saw an SUV speed through a school zone. The vehicle initially stopped, but when the officer exited his car the SUV drove away, police said. It stopped again, but the occupants fled.

METRO

Education

Auditorium opens after reno

Thursday marked the grand re-opening of the Nutana Collegiate Auditorium, which underwent major renovations over the past three years.

The upgrades, began in 2008, costing roughly $14 million.

METRO

Amber Alert

4-year-old found after frantic search

A four-year-old girl who was the subject of an Amber Alert in Saskatchewan has been found unharmed and her father has been arrested.

Regina police said they found Storm Slippery late Thursday afternoon, just hours after the Amber Alert was issued.

"At approximately 4:40 p.m., police were contacted with information that the child had been left with a family member," Regina police said in a statement.

Police had issued an Amber Alert because they believed Storm was abducted by her non-custodial father, Anthony Joseph Slippery.

Authorities were concerned because Slippery has a criminal history and outstanding arrest warrants for assault causing bodily harm.

Police spokeswoman Elizabeth Popowich said he was considered a "violent and dangerous person." THE CANADIAN PRESS

Earnings

Average Sask. wage up: StatsCan

In the last year, the average wage in Saskatchewan grew the most of any province in the country, according to Statistics Canada.

Wages in this province were up five per cent in February compared to the same time last year. Average weekly earnings in the province were $905.98 — the third-highest among the provinces after Alberta at $1,057.57 and Newfoundland and Labrador at $919.08, and above the national average of $886.45.

With an inflation rate of two per cent factored in, Saskatchewan had a real wage increase of three per cent compared to a national decrease of 0.8 per cent. METRO

Tentative agreement

Nurses closer to making a deal

Saskatchewan nurses and their employer, the Saskatchewan Association of Health Organizations, have reached a tentative contract.

The association says details of the proposed two-year deal will not be released until after it's ratified.

Almost 9,000 registered nurses, nurse practitioners and registered psychiatric nurses are expected to vote on the contract in the coming weeks. THE CANADIAN PRESS

Dancer's ballet dreams taking her to Winnipeg

Scholarship. RWB School Ballet Academic Program selects one dancer from each province or territory

CARRIE-MAY SIGGINS
saskatoon@metronews.ca

Polly Guay, 10, seen here performing her Ukrainian doll solo at the Kalyna Dance Festival in Yorkton, is the 2012 Saskatchewan recipient of the Investors Group Summer Scholarship. The Regina native will travel to Winnipeg in July, where she will receive four weeks of training at the Royal Winnipeg Ballet School and a chance to earn a place in the full-time Professional Division. ROSALIE SYNK/CONTRIBUTED

Attending dance classes almost every night of the week has paid off for Regina's Polly Guay.

She is the 2012 Saskatchewan recipient of the coveted Investors Group Summer Scholarship with the Royal Winnipeg Ballet (RWB) School.

"I'm very excited," 10-year-old Guay told Metro.

Guay will receive four weeks of training with the RWB and a chance to earn a place in the full-time Professional Division.

The RWB School Ballet Academic Program visited 16 cities across North America and selected one talented dancer from each province and territory.

Scholarships cover tuition, transportation and other costs.

Each one of her three siblings is involved in Ukrainian dance, and when Guay was three she began taking classes in the traditional dance as well. A year later, her mother entered her into a class to help with her Ukrainian dancing, and she has been enamoured ever since.

"I love ballet," Guay said. "I don't know why, I just do."

She wants to one day be a professional and dance with the RWB.

Johanne Gingras, an RWB School artistic faculty member, says there are a number of elements that they look for in a potential scholarship recipient.

"We look for excellence in co-ordination, musicality, body awareness and flexibility in all our auditionees.

"The Investors Group scholarships are awarded to the most talented auditionees to acknowledge their potential and encourage them to pursue dance in a more focused way."

Guay will join more than 200 other students this summer at the RWB Professional Division Summer Session, which takes place July 1 to 27.

Love for the art

"I love ballet. I don't know why, I just do."

Ten-year-old Polly Guay, who began taking classes in traditional Ukrainian dance when she was just three years old

Film funding. Weekend will see second round of petition blitz

Members of Saskatchewan's film industry are continuing to put pressure on the provincial government as another petition blitz is planned for this weekend.

According to Teresa Mead, one of the organizers coordinating the petition, the industry has no plans to pull back. They want to see a new incentive for filmmakers to replace the Saskatchewan Film Employment Tax Credit.

"We know that we really only have until May 19 when the legislature closes for the summer, so we're just trying to keep (the issue) in the public eye," said Mead. METRO

Not giving up

- Signatures will be collected this weekend at music and film venues throughout the city and at the Saskatoon Farmers Market on Saturday.

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Whoops

PMO likely shredded historic documents

The prime minister's mail room has lost some historic documents on sports, music and politics — and they appear to have been accidentally shredded.

The package of six documents, a gift, arrived in the facility last May. The envelope was date-stamped as being received but it got lost.

THE CANADIAN PRESS

Military hearing

Once-happy son killed himself after tour: Mom

Sheila Fynes is telling a military complaints commission about her son, Cpl. Stuart Langridge, who killed himself in 2008 after returning from Afghanistan in 2005. Fynes says a boy who was once happy-go-lucky shut down after coming home. He eventually died in a barracks in Edmonton.

Langridge's family alleges the military botched the investigation into his death.

THE CANADIAN PRESS

Elderly beekeeper

Accused war criminal, 91, lives quietly in Quebec

A man alleged to be one of the world's most-wanted Nazi war criminals is living a quiet life keeping bees and selling honey in rural Quebec.

Vladimir Katriuk's name was recently added to the Simon Wiesenthal Center's list of the world's 10 most-wanted suspected former Nazis. The married Ukrainian-Canadian of Ormstown, Que., won't discuss the allegations.

THE CANADIAN PRESS

Michael Rafferty trial

Crown's case concludes

The car belonging to the man accused of killing Victoria Stafford was an assortment of poorly done or odd modifications. Those features can be seen in surveillance video from the day the girl was abducted, court heard Thursday in London, Ont.

After eight weeks, 61 witnesses and 186 exhibits, the Crown concluded its case Thursday. The defence begins on Tuesday.

THE CANADIAN PRESS

Harper to vote against motion from his own MP

Abortion debate. Conservative backbencher wants to set up committee to review Criminal Code language on fetuses

Prime Minister Stephen Harper says he'll vote against a motion introduced by one of his own MPs that has reignited the national abortion debate.

The Opposition and pro-choice advocates have criticized Harper for allowing debate on the motion.

Harper called the abortion motion from MP Stephen Woodworth unfortunate.

The motion would set up a committee of MPs to review the Criminal Code section that says a fetus does not become a human until birth is complete.

NDP Opposition Leader Thomas Mulcair calls the motion a back-door way for the Conservatives to reopen the abortion debate.

THE CANADIAN PRESS

MP Stephen Woodworth rises on Thursday to start the debate on when human life begins. ADRIAN WYLD/THE CANADIAN PRESS

Ministerial expenses

Oda has repaid limo costs: Office

International Co-operation Minister Bev Oda has agreed to repay almost $3,000 she charged taxpayers for limousine service while staying at a posh hotel in London.

The beleaguered Conservative minister had already coughed up $1,353.81 in extra hotel charges after media reports that she upgraded to the five-star-plus Savoy Hotel for unknown reasons during a conference last June.

The conference on international immunizations was at another five-star hotel where Oda cancelled her cheaper room in favour of the tonier Savoy, more than two kilometres away.

A terse message from Oda's office said all costs that should not have been expensed have been repaid.

Oda's expensive tastes, including a $16 glass of orange juice at the Savoy, created a storm of controversy as the government is cutting overseas development funding.

The minister issued an abject apology earlier this week, but critics said she should be turfed from cabinet as an example.

THE CANADIAN PRESS

Sierra Leone. Civil-war survivors celebrate warlord's conviction

Thousands of people who survived Sierra Leone's brutal civil war a decade ago celebrated Thursday after learning that Charles Taylor had been convicted for his role in the conflict that left countless amputees and traumatized former child soldiers.

Officials had set up special viewing sites for people to watch the verdict live as it was read from the Netherlands.

On Thursday, officials set up an area for several hundred residents of Tombodu to listen to the verdict live from the Netherlands, but they couldn't get a radio signal. Some villagers carrying transistor radios wandered hillsides trying to pick up a signal from the capital, Freetown.

THE ASSOCIATED PRESS

Justice

"I am happy that the truth has come out ... that Charles Taylor is fully and solely responsible for the crimes committed against the people of Sierra Leone."

Jusu Jarka, survivor

Airport adventure

Puppy escapes onto LaGuardia runway

A puppy named Byrdie delayed several flights at New York's LaGuardia Airport when she escaped from her crate and ran around a busy runway.

The Port Authority says the dog was loose for about 10 minutes Wednesday while authorities unsuccessfully tried to catch her.

The agency says they had to find the dog's owner aboard the Memphis-bound Delta Airlines flight to help catch her.

THE ASSOCIATED PRESS

Sounding off through song

Some 40,000 people stand in the drizzling rain in Youngstorget Square in Oslo on Thursday to participate in the singing of Barn av Regnbuen (Children of the Rainbow). KYRRE LIEN/THE ASSOCIATED PRESS

Norway. Thousands gather in public squares to honour those killed in 2011 massacre

They gathered by the tens of thousands, aiming to face down terror with the power of music.

Inspired by a Facebook-organized protest, Norwegians flocked to public squares across the country Thursday, ignored the drenching rain and lifted their voices in song.

Their target: Far-right fanatic Anders Behring Breivik, now on trial for a bomb-and-shooting rampage that killed 77 people. Their weapon: A children's tune that he claims has been used to brainwash the country's youth into supporting immigration.

Defiant singalongs of Children of the Rainbow were staged in Oslo and other major Norwegian cities, while in court survivors of Breivik's attacks gave tearful testimony in the ninth day of his trial.

In downtown Oslo alone, some 40,000 people chimed in as Norwegian artist Lillebjoern Nilsen played the song — a Norwegian version of American folksinger Pete Seeger's My Rainbow Race.

In testimony last week, Breivik mentioned the tune as an example of how he believes cultural Marxists have infiltrated Norwegian schools and weakened its society.

Later, the crowd marched to the Oslo courthouse, where they laid a carpet of red and white roses on the steps and the fence.

Reached at home in Beacon, N.Y., the 92-year-old Seeger told The Associated Press he had heard about the mass gathering from Nilsen, who called him Thursday morning.

"I said, 'Oh, that's wonderful,'" Seeger said. "It's a tremendous honour, really. One of the greatest honours a songwriter could have is to have a song of theirs sung in another country."

Shocked by Breivik's lack of remorse for the massacre, Norwegians by and large have decided the best way to confront him is by demonstrating their commitment to everything he loathes. Instead of raging against the gunman, they have manifested their support for tolerance and democracy.

THE ASSOCIATED PRESS

Power of music

Those gathered sang the Norwegian lyrics:

"A sky full of stars, blue seas as far as you can see. An earth where flowers grow, can you wish for more? Together shall we live, every sister, brother. Young children of the rainbow, a fertile land."

Paying homage to the victims of Chornobyl

A woman lights candles in Kyiv to honour the memory of the victims of the Chornobyl disaster on Thursday. Ukrainian President Viktor Yanukovych paid tribute to the victims on the 26th anniversary of the world's worst nuclear disaster, saying his country is committed to building a new, safer shelter over the reactor.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Newspapers targeted

Deadly terrorist attacks hit Nigeria

A suicide bomber and a man armed with explosives attacked two Nigerian newspaper offices on Thursday, killing seven people and wounding at least 26. The radical Islamic sect Boko Haram claimed responsibility.

In Abuja, the suicide bomber rammed his car through the gates of the ThisDay office and drove into the reception area before the explosion, which killed at least three people.

A separate attack in Kaduna, at an office shared by three newspapers, also included a car loaded with explosives and killed four.

Another bomb exploded late Thursday afternoon on the outskirts of Kaduna, causing unknown injuries, police said.

THE ASSOCIATED PRESS

Pakistan PM serves token detention after contempt conviction

Symbolic sentence. Court decision touches off political turmoil for a regime already rocked by security and economic problems

Riot policemen stand guard as a supporter of Prime Minister Yousuf Raza Gilani, centre, shouts slogans in Gilani's support in Islamabad, Pakistan, Thursday. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Pakistan's Supreme Court convicted the prime minister of contempt on Thursday but handed him a symbolic sentence of less than a minute's detention, allowing him to leave the building surrounded by cheering supporters and still in power.

The ruling against Prime Minister Yousuf Raza Gilani triggered renewed political turmoil and could lead to his dismissal in the coming months.

The tensions risk consuming a government already burdened with major economic and security challenges.

The latest twist in a long-running saga came as an American envoy arrived in the country to kick-start negotiations over Washington's broken but vital alliance with Pakistan.

Gilani was charged with contempt for his refusal to pursue a long, dormant corruption case against his political master, President Asif Ali Zardari. The court could have sent him to prison for six months and ordered his immediate dismissal from office, but appeared to blink first in what has been a bruising standoff.

The parliamentary speaker and election commission must now decide whether the conviction is reason to dismiss Gilani as a lawmaker, and hence as prime minister, a procedure that could take up to four months.

THE ASSOCIATED PRESS

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America's Justin Dowd wins Race for Space

Metro winner. Physics student from Boston beats thousands for ticket to outer space

Justin Dowd from Worcester, Mass., has won the Race for Space, the global competition to select one Metro reader to travel into space.

Dowd beat candidates from across the globe to win the coveted once-in-a-lifetime ticket on board the XCOR Lynx, a first-generation, rocket-powered space plane currently being built by spaceflight company SXC (Space Expedition Curaçao).

Dowd has both the mental and physical strength needed to be a perfect astronaut. Dowd, a physics and maths undergraduate at Northeastern University, wowed the judging panel with his stunning chalkboard stop-motion video on Einstein's theory of relativity. Aside from his studies, Dowd is currently training for a grueling 19-kilometre endurance obstacle-course race.

"My motivation for him is that he really provides an amazing package in the combined qualities of scientific background, artistic qualities, dedication and the gift to tell a fascinating story," said Harry Van Hulten, test pilot with SXC and global jury member that selected Dowd.

"He is absolutely unique. He taught me things in his video that I didn't understand as well as I do now. He really blew me away with that. I can't think of any better ambassador to tell the story about this space trip than him."

Dowd will receive astronaut training ahead of the trip scheduled for 2014. The "civilian astronaut" will be able to chronicle his preparations and space flight in a series of reports published in Metro across the globe.

"I have dreamt of going to space since starlight first streamed into my telescope," Dowd said. "My instinctive desire to see the Earth from above connects to a fundamental human yearning. Curiosity drives us to hurdle into the unknown for a chance of learning a deeper truth about our world." METRO WORLD NEWS

Northeastern student Justin Dowd's dreams of space are about to come true. NICOLAUS CZARNECK/METRO

Quoted

"It's pretty awesome.... This is just the beginning!" Justin Dowd

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Tories table tighter CMHC oversight

Stress tests. With household debt rising, government-backed mortgage oversight increases

The federal government is increasing oversight on the issuing of government-backed mortgages in Canada, while also putting more of the risk for lending on the banks.

As previously signalled in the budget, Finance Minister Jim Flaherty tabled changes Thursday that will place Canada's Mortgage and Housing Corp. under the control of the federal financial regulator.

Flaherty said CMHC has become a significant financial-sector player in Canada, and it was appropriate that it meet the high standards of soundness demanded by the Office of the Superintendent of Financial Institutions.

Minor tweaks

TD Bank chief economist Craig Alexander called the changes "appropriate" and minor "tweaks" to Canada's financial regulations, particularly compared to the major overhaul occurring in the United States.

- "This isn't going to make a big difference to either the real-estate market or Canadians," Alexander said. "Banks will continue to offer covered bonds, but they just won't be able to use CMHC-insured products in those bonds."

"I've been concerned about CMHC for some time. In this sense, it's become an important financial institution in Canada and it was not subject to the same supervision" as banks, he said. THE CANADIAN PRESS

Vespa unveiled in India

Models pose with a Vespa scooter during its launch in Mumbai, India, on Thursday. The Italian company hopes to carve out a market for luxury scooters in one of the most cost-conscious markets in the world. The Vespa LX will cost around $1,282 US in India — a 40 per cent premium to most scooters, but still the lowest sticker price in the world. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Supreme Court. Appeal involving new carrier Wind Mobile denied

A two-year legal battle that centred on whether new wireless carrier Wind Mobile was Canadian-owned and controlled when it entered the market was put to an end Thursday by the Supreme Court of Canada.

The high court decided it will not hear an appeal of a Federal Court decision involving Wind Mobile, meaning it's business as usual for the wireless carrier and its roughly 400,000 customers.

Rival wireless company Public Mobile had argued rules for Canadian ownership and control had not been applied to Wind Mobile and wanted the Supreme Court to hear the case.

As usual, the high court did not give reasons for refusing to hear the appeal.

"The two-year-long, silly battle brought by our competitor is finally over and we've won," Wind Mobile chairman Anthony Lacavera said.

Wind Mobile was one of several new entrants into the mobile-phone market in Canada following a wireless-spectrum auction in 2008.

Its major backer was an Egyptian telecom company. THE CANADIAN PRESS

Quoted

"I think they should stop complaining and start competing."

Anthony Lacavera, Wind Mobile chairman

Market Minute

DOLLAR 101.63¢ (-0.05¢)

Natural gas: $2.036 (-3¢)
Dow Jones: 13,145.85 (+113.90)

TSX 12,145.85 (+34.78)

OIL $104.55 US (+43¢)

GOLD $1,660.50 US (+$18.20)

KIM AND KANYE, A MATCH MADE IN ... HOLLYWOOD

THE LIST
Neil Morton
Metro

1 Bachelor Canada reveal. The Canadian version of The Bachelor franchise debuts this fall, and next Tuesday, May 1, the first ever Canuck bachelor will be revealed. They are dropping daily hints at BachelorCanada.ca about who the lucky guy will be. Here's your main hint: It's not me. I am taken. I know — you're all devastated.

2 The Windsor Hum. A mysterious, low-frequency rumble dubbed the Windsor Hum has been annoying the heck out of people in Windsor, Ont., for the past couple of years. Apparently, it originates from an industrial site in Michigan, and even our feds are now investigating. There's a @TheWindsorHum account on Twitter. Minus that hum noise.

3 Triple play. The Toronto Blue Jays turned a triple play in a 4-3 win over Kansas City, their first since 1979. Though it was really their first since 1992, if you count the terrible missed call in Game 3 of the World Series when Kelly Gruber clearly tagged an Atlanta Braves base runner before he reached base. Same thing happened to me in a T-ball game in 1978.

4 Will and Kate's first anniversary. The world's most famous couple is celebrating their first anniversary this Sunday. Can you believe nearly 365 days have passed since two billion people watched the royal wedding!? Before you know it, WillKat will be celebrating 10 years of marriage with their three kids, two pets and 1.5 cars. In their palace.

5 They grow up fast. A father from the Netherlands filmed his daughter every week from birth up until age 12, and posted a time-lapse video of her growth, called Portrait of Lotte, on Vimeo. It has gone viral, and said dad has totally raised the daddy bar. Message to soon-to-be dads: Get your video cameras ready. You have a lot of filming to do.

6 Ron Artest. He changed his name to Metta World Peace but the L.A. Laker should consider changing it back to Ron Artest or Metta World Chaos after the absolutely vicious elbow he threw at Oklahoma City's James Harden in a game on Sunday. The reputation he worked so hard to restore after that incident in 2004 where he climbed into the stands and started a brawl with fans at the Palace of Auburn Hills, Mich. ? Gone.

7 Kim Kardashian and Kanye West. If you were to put two of the most self-indulgent, conceited, narcissistic people together in the ultimate exercise in match-making egocentrism, you would get this couple. And it has happened. They are an item. But this might not work. See, they are both in love with someone else. Themselves.

8 Ford's weigh-in cancelled. Toronto Mayor Rob Ford, who began his Cut the Waist challenge in January, hoping to lose 50 pounds by June, keeps cancelling his weekly weigh-ins. For the third time in a month, he didn't show up. Either he chickened out or was too busy trimming budgets rather than himself.

9 Red Hot Chili Peppers. Next week, they'll release We Salute You, an EP of classic covers to celebrate their recent induction into the Rock and Roll Hall of Fame in Cleveland, including covers of previous inductees like the Ramones and Neil Young. Doubt Axl Rose would ever do such a thing. He refused to be inducted with his band, Guns N' Roses. (Un)sweet child.

They grow up fast. Watch young Lotte go from baby to pre-teen in the video at metronews.ca/voices/metrotube-of-the-day. VIMEO

Get your blood pumping

IMAGEWISE LTD/REX FEATURES

Body art

U.K. needs more blood this year

LONDON. It's what you can call "body art-ery." Donors from each of the four main blood groups are painted with vessels to raise awareness of the need for donors of all blood types. Britain's National Health Service says it needs 30 per cent more blood than normal during the Diamond Jubilee and Olympic Games. **METRO**

Running low

Public events affect donations

REASONS. The increase is needed because of the high number of events in Britain this year. Past experience shows that donors miss appointments during national celebrations as routines are disrupted. This, combined with foreign visitors with a different blood mix, may also put a high demand on specific blood groups. **METRO**

Donation 101

- After donating, blood is broken up into different parts in a centrifuge machine; red blood cells are then separated from liquid plasma.
- 65 per cent of all blood donations are made in developed countries, home to just 25 per cent of the world's population.

Every unit counts

7,000

extra units of blood (each approximately half a litre) is what hospitals in England and North Wales need every day to deal with medical demands. Each unit saves or improves the lives of three patients.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you ever been a victim of workplace bullying?

Twitter

@ThatUtubeGuy48: @NHL I remember watching #Holtby in Saskatoon for the Blades. Now he's a big hero!

@theotherHilary: Hot tip, if you're stuck on 39th, Ontario also joins up with Circle Drive N. You don't have to go all the way to Quebec. #yxe

@broomgrass: One of the most charming pieces from the student exhibition at the #mendel#yxe

@Marusyk: @darenmillard Holtby the hero! Gotta live when a young goalie from the Saskatoon Blades steals the show!

@stephenfgordon: Yes, *every* province east of Manitoba now has the same credit rating: Aa2. Man-Sask have Aa1, AB and BC have Aaa.

metro
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Jason Segel and Emily Blunt have a long wait before their nuptials in The Five-Year Engagement. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Waiting for a wedding

The Five-Year Engagement.

Rom-com driven by its charming and charismatic coupling

Richard: Mark, somewhere etched on a stone tablet are the Rules of Rom-Coms™. All romantic comedies, it seems, must have an unlikely couple meet, fall in love, hit an obstacle and then reconcile just before the credits roll. Five-Year Engagement is no different, but shakes up the formula with some dark comedy — frostbite, anyone? — and two leads with charm and charisma to burn.

Mark: Normally I would appreciate the dark touches in a movie like this, but instead I found they wrecked the comic tone. That tone, incidentally, was also compromised by an uneven script that was just too long and repetitive. I have nothing but praise for the actors, though. I cared about the two leads, and without them there would be no picture, but it was all the wonderful comic turns by some of my favourite character-savvy comedians that made the film. My favourite? Brian Posehn, from the Sarah Silverman Show. Yours, Richard?

RC: I agree with you to a point. I liked the darker touches because they helped separate this from the run-of-the-mill rom-com. Having said that, they also weigh down the midsection of the movie. Luckily this isn't Kristen Bell, or worse yet, Katherine Heigl and any other Standard Romantic Male Lead™, but Blunt and Segel. They are the engine that keeps the movie moving forward. They are helped not only by Posehn, but also Community's Alison Brie, who is a scene-stealer. Watching her and Blunt have a grown-up conversation in Muppet voices is worth the long running time.

MB: Almost, but not quite. The five-year engagement should not feel like it's spooling out in real time. The Muppet scene is priceless. So is Segal's desperate and exhausted sex scene with his younger girlfriend. And if it's dark comedy you like, look no further than Segal's brunch with his parents toward the end of the movie. There is indeed much to admire and enjoy in this movie. But all the jokes that involved life in small-town Michigan seemed worn, as did the restaurant scenes. The university researchers made me laugh, mostly due to Kevin Hart, Mindy Kaling and Randall Park. But see? Too much going on here!

RC: It could have used some trimming, but for me it succeeds not because it follows Rules of Rom-Coms™ but because it doesn't.

MB: And the liberal use of Van Morrison tunes nudges this one over into the plus column for me.

Synopsis

Jason Segel is Tom, a San Francisco chef engaged to his girlfriend Violet (Emily Blunt). The quirky couple — they go to parties dressed as Princess Diana and Super Bunny — are a perfect match, but circumstance is getting in the way of the wedding plans. First Violet's sister Suzie (Alison Brie) preempts her sister's big day by getting pregnant and planning a shotgun wedding. Then psychology student Violet accepts a place in a two-year graduate program at the University of Michigan, once again placing a speed bump in the way of their walk down the aisle.

- Richard: ●●●○○
- Mark: ●●○○○

2

SCENE

Scene in brief

Houston sparkles

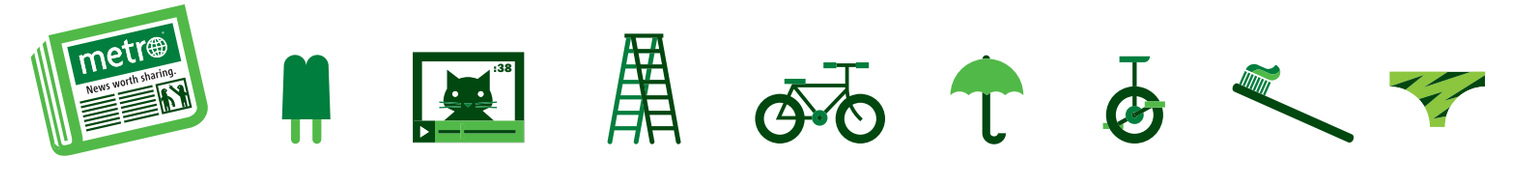
Cee Lo Green, Mike Epps and Jordin Sparks help Whitney Houston return to the big screen for the last time in the girl-group movie Sparkle. Houston served as executive producer of the movie, which had already finished filming in Detroit when she died in Beverly Hills on Feb. 11 at age 48. A brief preview Wednesday night at the CinemaCon conference in Las Vegas featured Houston's trademark dazzling smile as she danced in a living room in celebration. The remake of the 1976 movie stars Houston as the mother of three girls who form a singing group and struggle with fame and drug addiction. The movie, scheduled for release in August, was seen as a comeback vehicle for the superstar.

THE ASSOCIATED PRESS

On the web

Spidey's rogues' gallery to rattle new The Amazing Spider-Man game

Sharability



Action

Safe

Director. Boaz Yakim

Stars. Jason Statham, Catherine Chan

While Jason Statham has shown acting skill, the British star's one-note script choices — like playing a former crooked cop seeking redemption by saving a mathematically-gifted young girl from the mob — does little to advance his typecasting. Plus, plenty of up-close frenzied fight scenes only muddle what's an already formulaic action-thriller. If he keeps turning out movies like Safe, Statham will surely end up this generation's Chuck Norris.

STEVE GOW

Comedy

The Pirates! Band of Misfits

Director. Peter Lord

Stars. Hugh Grant, David Tennant

Another fantastic stop-motion comedy from filmmaker Peter Lord (Chicken Run), The Pirates! tells the tale of a band of bumbling buccaneers trying to upgrade their captain's award status from "best anecdote of a squid" to the Pirate of the Year despite his sheer incompetence. With plenty of clever visual gags (too many for just one viewing) and witty detail, Lord delivers a triumphant treasure chest for audiences of every age.

STEVE GOW

Thriller

The Raven

Director. James McTeigue

Stars. John Cusack, Alice Eve

Taking the meta-film stance that an ever melancholy, alcohol-fuelled Edgar Poe might have been embroiled in a real life serial killer case with his own work as the key is a pleasingly post-modern device. And while director James (V for Vendetta) McTeigue's film never really rises to the wild heights that premise promises, it's still an entertaining, handsomely designed yarn well told, undermined somewhat by a meat and potatoes script and some weak supporting casting. But John Cusack, finally playing his age, is fantastic.

CHRIS ALEXANDER

Ensemble

Sharing the load

Stitching together so many characters and story-lines could have turned into herding cats, but the communal structure meant no single actor had to carry the action all of the time. Everyone took turns at centre stage, and each got to take welcome breathers during the long shoot, Robert Downey Jr. said.

"It was like a complicated pregnancy," Downey said. "I think everybody really bought into the spirit of the thing."

THESE PAGES COVER MOVIE START TIMES FROM FRI., APRIL 27 TO THURS., MAY 3. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Broadway Theatre 715 Broadway Ave., 306-652-6556

Cinergie Film Festival (STC) Fri-Sun
Dark Bridges Film Festival (STC) Thu
Le Vendeur (G) Mon 7 Tue 9 Wed 7

Cineplex Odeon Centre 3510 8th St. East, 306-955-1938

21 Jump Street (14A) Fri 7:10-9:50 Sat-Sun 12:30-3:20-7:10-9:50 Mon-Thu 5:10-7:50 Star & Strollers Screening Thu 1
American Reunion (18A) Fri 7:30-10:10 Sat-Sun 12:50-3:50-7:30-10:10 Mon-Wed 5:30-8:10 Thu 1:20-5:30-8:10
Dr. Seuss' the Lorax (G) Sat-Sun 1:10-3:40
The Hunger Games (PG) Fri 6:50-10 Sat-Sun 12:20-3:30-6:50-10 Mon-Thu 4:50-8
Mirror Mirror (PG) Fri 6:40 Sat-Sun 1-3:50-6:40 Mon-Wed 4:50 Thu 1:10-4:50
The Pirates! Band of Misfits (G) No Passes Fri 7:20-9:40 No Passes Sat-Sun 12:40-3:10-7:20-9:40 No Passes Mon-Thu 5:20-7:40 Star & Strollers Screening, No Passes Thu 1
The Three Stooges (PG) Fri-Sun 9:30 Mon-Thu 8:05
The Vow (PG) Fri-Sun 7-9:30 Mon-Thu 5-7:30
Wrath of the Titans 3D (14A) Fri 7-9:30 Sat-Sun 12:30-3-7-9:30 Mon-Wed 5:10-7:40 Thu 1:20-5:10-7:40

Galaxy Cinemas Saskatoon 347 2nd Ave. South, 306-664-5060

21 Jump Street (14A) Fri-Sat 4:35-7:15-10:05 Sun 1:45-4:35-10:05 Mon 10:10 Tue-Thu 7:15-9:50
American Reunion (18A) Fri 4:15-7:05-10 Sat 11-1:30-4:15-7:05-10 Sun 4:15-7:05-10 Mon 7:05-10 Tue 7:05-9:55 Wed 9:55 Thu 7:05-9:55
The Bright Stream: Bolshoi Ballet - Live (STC) Sun 1
The Cabin in the Woods (18A) Fri 5:40-8-10:25 Sat-Sun 12:40-3:15-5:40-8-10:25 Mon 8-10:25 Tue-Wed 7:45-10:05 Thu 10:05
Chimpanzee (G) Fri 5:10-7:25-9:35 Sat-Sun 1:05-3:05-5:10-7:25-9:35 Mon 7:25-9:35 Tue-Thu 7:20-9:35
China Heavyweight - A Hot Docs Live Presentation (STC) Wed 7
Dr. Seuss' the Lorax 3D (G) Sat-Sun 12:55
The Five-Year Engagement (14A) No Passes Fri 4:30-7:25-10:15 No Passes Sat 11-1:45-4:30-7:25-10:15 No Passes Sun 1:45-4:30-7:25-10:15 No Passes Mon-Thu 7:25-10:15
Gladiator (18A) Mon 7
The Hunger Games (PG) Fri 4:10-7:20-10:20 Sat 1-4:10-7:20-10:20 Sun 1-7:20-10:20 Mon-Thu 7-10:10
Indie Game: The Movie - A Hot Docs Live Presentation (STC) Thu 7
The Lucky One (PG) Fri 5:20-7:45-10:10 Sat-Sun 12:30-2:55-5:20-7:45-10:10 Mon 7:45-10:10 Tue-Wed 7:35-10 Thu 7:20-10
Madagascar (G) Sat 11
Marvel's the Avengers 3D (STC) No Passes Thu 12:01
Metropolitan Opera: Manon Lescaut - Encore (STC) Sat 10
The Pirates! Band of Misfits (G) No Passes Sat-Sun 12:50
The Pirates! Band of Misfits 3D (G) No Passes Fri 5:15-7:30-9:45 No Passes Sat-Sun 3-5:15-7:30-9:45 No Passes Mon-Thu 7:30-9:45
The Raven (18A) Fri 5:20-7:55-10:30 Sat-Sun 12:20-2:50-5:20-7:55-10:30 Mon 7:55-10:30 Tue-Wed 7:40-10:15 Thu 7-9:35
Safe (14A) Fri 5:45-8:10-10:35 Sat-Sun 12:55-3:20-5:45-8:10-10:35 Mon 8:10-10:35 Tue-Thu 7:50-10:10
Titanic 3D (14A) Fri 4:45-8:45 Sat-Sun 12:45-4:45-8:45 Mon-Thu 8:45
Wrath of the Titans 3D (14A) Fri 5:30-8:05-10:30 Sat-Sun 3:10-5:30-8:05-10:30 Mon 8:05-10:30 Tue-Wed 7:10-9:40 Thu 9:40
WWE Extreme Rules - 2012 (STC) Sun 6

Roxy Theatre 320 20th St West, 306-955-8642

The Artist (G) Fri 7 Sat-Sun 1-7 Mon-Thu 7
Being Flynn (STC) Fri 7:10-9:20 Sat-Sun 2-7:10-9:20 Mon-Thu 7:10-9:20
The Big Lebowski (14A) Sat 9
Jeff, Who Lives at Home (PG) Fri 9:30 Sat 3:30 Sun 3:30-9:30 Mon-Thu 9:30

Rainbow Cinemas Saskatoon The Centre at Circle & 8th, 306-955-8642

Alvin and the Chipmunks: Chip-wrecked (G) Fri-Thu 1:30-4:40-7:25
Big Miracle (G) Fri 1-4:15 Sat-Sun 4:15 Mon-Thu 1-4:15
Gone (PG) Fri-Thu 7:30-10 Thu 1
John Carter (PG) Fri-Thu 12:45-3:50-6:50-9:40
Journey 2: The Mysterious Island 3D (G) Fri-Thu 1:40-4:20-7:05-9:25
Project X (18A) Fri-Thu 9:55
The Raid: Redemption (18A) Fri-Thu 4:05-9:35
Safe House (PG) Fri-Thu 6:55-9:45
The Secret World of Arrietty (G) Fri-Thu 1:50-4:30
This Means War (PG) Fri-Thu 1:20-4:10-7:10-9:30
A Thousand Words (PG) Fri-Wed 1:10-7:15 Thu 7:15

There's no 'I' in team ... or The Avengers

Ego check. Robert Downey Jr.'s Tony Stark has to learn to play nice with all the other superheroes

Robert Downey Jr. is Tony Stark a.k.a. Iron Man. HANDOUT

Billionaire genius Tony Stark had to learn to play well with others in The Avengers after two Iron Man films where he was the main attraction.

So did Robert Downey Jr., though his path to superhero team player came without the fisticuffs and rivalries that Stark stumbles into with his fellow Avengers, who beat up on one another a bit before they figure out how to work as a group.

Downey's had a long time to get ready for something beyond his close-up in the solo outings as Stark, the Marvel Comics superhero in a metal suit. The idea that Downey would become part of an ensemble of heroes was teased at the end of the first Iron Man, with Avengers producer and Marvel Studios boss Kevin Feige steering such follow-ups as Thor and Captain America: The First Avenger toward that aim.

"I had five years to prepare myself, because Kevin Feige and the Marvel team had been saying that it was kind of heading toward this," Downey said.

Opening May 4, The Avengers casts Samuel L. Jackson as Nick Fury, head of peacekeeping agency S.H.I.E.L.D., which rounds up a dream team of good guys (Downey's Iron Man, Scarlett Johansson's Black Widow, Chris Hemsworth's Thor, Chris Evans' Captain America, Mark Ruffalo's Incredible Hulk and Jeremy Renner's Hawkeye) to battle Thor's evil brother (Tom Hiddleston).

While it's an all-star cast, Downey's the mega-star. But unlike the diva moments among Stark and some of the other alpha dogs of the Avengers, there was no big-footing among the performers, according to the actors and director Joss Whedon.

"Personally, the Iron Man series so far has always been about making space for others and collaborating," Downey said.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Is Fox a mother-to-be?

A month after pregnancy rumours last surfaced, a source is now insisting to E! News that Megan Fox is expecting.

It would be the first child for the 25-year-old actress, though she's also stepmother to husband Brian Austin Green's 10-year-old son, Kassius. Parenthood is definitely a topic Fox hasn't been shy about: "I want at least two, probably three kids," she recently told Cosmopolitan magazine.

"I've always been maternal."

Alex Rodriguez

A-Rod hearts Cameron Diaz, George Clooney

Yankees slugger Alex Rodriguez has kept tight-lipped about his relationships, but he's willing to offer some kind words about ex-girlfriend Cameron Diaz.

"I don't like talking about my relationships," Rodriguez tells with The Insider. "But I will tell you about CD: She's probably one of the greatest human beings I've ever met, and just an amazing light."

Of course, Diaz isn't the only A-lister Rodriguez can't help gushing about: "I think my new hero is George Clooney," he says.

"He's my new role model. I think he's done it right."

Heigl adopts another baby girl

Katherine Heigl and husband Josh Kelley have expanded their family, adopting another daughter, according to People magazine.

"Yes, they have adopted a baby," Heigl's rep confirms.

"No further details (are available) at this time."

The couple adopted their first daughter, three-year-old Naleigh, in 2009. The actress explained earlier this year that this has always been their plan: "Josh and I started talking about it before we were even engaged," Heigl said. "We have talked about having biological children as well, but we decided to adopt first."

The Word

Spears gives up rights to dad and fiancé

THE WORD
Dorothy Robinson
scene@metronews.ca

In a sad state of affairs — for Britney Spears, at least — a Los Angeles court has approved a request to add fiancé Jason Trawick as a co-conservator in charge of her finances and decisions, according to TMZ.

Trawick, along with Spears' father, Jamie Spears, will be responsible for all decisions pertaining to the pop star's personal life. Spears has been under the conservatorship since 2008. It was originally reported that her father had requested Trawick be added, but it turns out it was the singer herself.

A lawyer for her father says her client is "thrilled" with the addition.

"It's all in the family."

Shudder. Look, it's apparent that Spears is still kind of a sick puppy and needs the guidance to make sure she doesn't have another spectacular flame-out during which she shaves her head and starts smashing cars with an umbrella and/or loses all of her money to skanky back-up dancers.

But still: Doesn't seeing a successful 30-year-old woman give up her rights to her father and soon-to-be husband feel like some medieval-level-ish?

Jennifer Aniston ALL PHOTOS GETTY IMAGES

Please don't ask Jen about her ex-husband's engagement

This may not come as the biggest surprise, but Jennifer Aniston doesn't really want to talk about Brad Pitt and Angelina Jolie's engagement, according to Us Weekly.

"She hates it being brought up because she doesn't really care," a source says. "She feels Angelina can have him. She just wants to move on."

Aside from the fact that it's been seven years since Pitt split with her and took up with Jolie, Aniston has moved on herself with boyfriend Justin Theroux.

"Jen's totally happy with Justin," says the source. "That's all in the past."

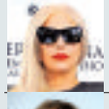
The best promotional video ever?

Just when you thought Toddlers and Tiaras couldn't get more disturbing: It looks like a certain five-year-old star of the reality show has it in for Justin Bieber.

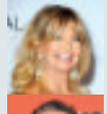
In a promotional video for the cable TV series, young pageant contestant Bridgett says she wants to be an exterminator when she grows up, but her list of targets is troubling: "I like to kill the worms. I like to kill grasshoppers. I like to kill bees," Bridgett explains.

"I like to kill Justin Bieber."

Twitter



@ladygaga
Is it wrong that sometimes when people call me, I break out into 'Telephone,' my mom always does Beyonce's part.



@goldiehawn
Great theatre last night! Saw Death of a Salesman staring Phillip Seymore Hoffman cried my eyes out! Brilliant!!

@ActuallyNPH
I keep trying to high five people here and they just frown, mutter 'Americano...' and walk away. Oh well. No worries. Tomorrow I eat!

@StephenAtHome
I didn't know Canada even had currency. I always thought they bartered with beaver teeth and moose dewlaps.

Liquid Assets

Resurrecting Down Under flavours

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

In what seems like a month of celebrity deaths, it's sad that a member of one of my favourite '80s bands went to the great beyond nearly unnoticed.

That got me thinking about wine.

Greg Ham was the sax player for Down Under's Men At Work. A quintessential new wave group, it hit the big time then crashed and burned — much like the Aussie wine industry.

Australian wine was all that and more pre-21st century, but as wineries started chasing the same flavour profile, the liquid homogeny started to bore consumers.

Thankfully, an ever growing crop of interesting new producers have emerged from Australia. Many are taking advantage of the growing popularity of groovy grape blends and old school label graphics.

Gotham Wines' The Wine Men Of Gotham 2008 Grenache Shiraz ($13.99 - $14.99) has a throwback flavour reminiscent of the deep, dark Men At Work-era Aussie reds.

Though the mix of grenache and shiraz is classic French Rhone Valley, the two grapes combine with harmony in a warmer climate and the concentrated berry goodness tastes as lip-smacking on its own as it does with grilled meats from the barbie. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Lip-smacking, slow-cooked comfort food

Balsamic Braised Short Ribs. The deep flavoured sauce and ribs are perfect over mashed potatoes

Short ribs are the ideal cut of meat to be braised. They have quite a bit of marbling and can be tough if not properly cooked. You can get short ribs off the bone, but for the best flavour, opt for on-the-bone.

1. In heavy-bottomed pot, heat oil over medium heat. Working in batches, sear short ribs for 4 mins. on each side or until well browned; transfer to a plate.

2. Add leeks, onions, carrots, celery and garlic; cook, stirring occasionally, 15 mins. or until well browned. Add tomato paste, salt, red pepper flakes, and black pepper; cook 7 mins. or until tomato paste turns a brick reddish-brown colour.

3. Add vinegar, sugar, rosemary and mustard. Scrape up any browned bits from bottom of pot. Return short ribs to pot, then add beef stock. Bring mix to low simmer and cover. Pot can be left on stovetop on low heat or placed in a 160 C (325 F) oven for 2 hours or until ribs tender when pierced.

4. Carefully transfer meat to platter. Cover with foil and a couple of kitchen towels to keep warm. Using slotted spoon, remove and discard solids from liquid. Bring liquid to a boil on stovetop and cook until reduced to 250 ml (1 cup). Drizzle glaze over short ribs and serve.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 15 ml (1 tbsp) canola oil
- 6 bone-in short ribs
- 2 each leeks (white parts only, sliced), onions (sliced), carrots (peeled and cut into pieces), stalks celery (cut into pieces), 2 cloves garlic (chopped)
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) red pepper flakes
- 2 ml (1/2 tsp) black pepper
- 125 ml (1/2 cup) balsamic vinegar
- 50 ml (1/4 cup) packed brown sugar
- 3 sprigs fresh rosemary
- 15 ml (1 tbsp) Dijon mustard
- 1 l (4 cups) unsalted beef stock

This recipe serves four. THE CANADIAN PRESS H/O

Balsamic Pork Chops. Aged balsamic vinegar boosts this pork-tomato dish

1. Sprinkle both sides of pork with 2 ml (1/2 tsp) of the Italian seasoning, pepper and salt.

2. In skillet, heat 5 ml (1 tsp) of the oil over medium-high heat and brown pork chops on both sides. Place in a baking dish large enough to fit them.

3. Return skillet to medium-high heat and add remaining oil. Cook pearl onions, stirring, for about 2 minutes or until starting to brown. Add tomatoes, garlic and remaining Italian seasoning and cook for 2 minutes. Scrape into baking dish. Drizzle vinegar over top and roast in 220 C (425 F) oven for about 15 minutes or until a hint of pink remains in pork. Sprinkle with basil before serving. **THE CANADIAN PRESS/ ONTARIO PORK/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 4 bone-in pork chops (about 750 g/1 1/2 lb)
- 5 ml (1 tsp) Italian herb seasoning
- 1 ml (1/4 tsp) freshly ground black pepper
- Pinch salt
- 10 ml (2 tsp) extra virgin olive oil, divided
- 250 ml (1 cup) peeled pearl onions
- 500 ml (2 cups/1 pint) grape tomatoes
- 4 cloves garlic, thinly sliced
- 50 ml (1/4 cup) aged balsamic vinegar
- 30 ml (2 tbsp) chopped fresh basil or parsley

3 LIFE

Superfood

Fennel

A vegetable, a herb or a spice? The sweet, liquorice taste of fennel can be added to food or drunk as a herbal tea.

Renowned for its digestive properties, fennel seeds are often chewed after a meal to aid digestion. Fennel is a fantastic source of vitamin C and a powerful anti oxidant that helps to maintain a healthy immune system.

Superfood

Persimmon

No, it's not a tomato but a persimmon. This bright orange fruit has zero fat and is high in carbs and natural sugars. It's high in fibre and Vitamin A as well.

A recent Japanese study showed that persimmon peel contained the phytochemical proanthcyanidin, thought to protect cells against oxidative damage associated with skin ageing.

ROMINA MCGUINESS/ METRO WORLD NEWS

On the web

Ellen DeGeneres says vegan diet wasn't always easy but she's glad she made the change

4 SPORTS

Maple Leafs

Luongo willing to go to T.O.?

The Vancouver Canucks goalie will include Toronto on a list of teams he would accept a trade to, says TSN, citing sources. Luongo has a no-trade clause but said this week he wouldn't block a trade if the Canucks wanted to move him. His backup, Cory Schneider, won the top job in the playoffs. Luongo is a protegé of Leafs goalie coach Allaire and assistant GM Dave Nonis brought Luongo to Vancouver when Nonis was GM of the Canucks.
TORSTAR NEWS SERVICE

On the web

The Phoenix Suns are facing a future without Steve Nash. With the Suns in the midst of a rebuild and Nash set to become a free agent, it could be time for the two-time MVP to finally move on. Scan the code for the story.

Dan Girardi scores the series-winning goal on Senators goalie Craig Anderson during the second period of Game 7 in New York on Thursday.
JULIO CORTEZ/THE ASSOCIATED PRESS

Senators' season ends in New York

NHL. Rangers knock out Ottawa in Game 7, advance to meet Capitals in 2nd round

Game 7

Rangers	Senators
2	1

The New York Rangers are likely more relieved than ecstatic now that they have outlasted the pesky Ottawa Senators.

It wasn't easy, and after a home loss in Game 5, it almost wasn't likely. But the Eastern Conference's top-seeded team gutted out a big road win and then made it count Thursday night when the Rangers held off the Senators 2-1 in Game 7 to advance to the second round.

"You don't want to relax too much," said forward Derek Stepan, who had three points in the Rangers' Game 6 win and then helped set up the opening goal in the clincher. "We have a big round ahead of us and we have to make sure we stay focused and keep that emotion high."

Defencemen Marc Staal and Dan Girardi scored 4:18 apart in the second period, Henrik Lundqvist made 26 saves and the Rangers eliminated the eighth-seeded Senators — completing a rally from a 3-2 hole after losing Game 5.

"We were talking about it in Ottawa that if we could bring it back here, the fans would be behind us," Girardi said. "The way we play all year got us ready for games like this. We came with a great effort (in Ottawa) and another one tonight."

Staal broke the scoreless deadlock, and Girardi gave the Rangers a 2-0 lead with his first career NHL playoff goal. Lundqvist allowed Daniel Alfredsson's power-play goal in the second but stood tall the rest of the way to send the Rangers into a second-round matchup with the seventh-seeded Washington Capitals.

The Rangers hadn't hosted a Game 7 since their Stanley Cup victory over Vancouver in 1994, but they stayed perfect at home in deciding games — winning their fourth. New York is 4-5 overall in Game 7, and the Senators dropped to 0-5.

"We knew they were going to come out strong," said Senators goalie Craig Anderson, who made 27 saves. "I just wanted to make sure that I gave my team an opportunity to win the hockey game — make the next save for the guys.

"They had their fans. They had lots of energy."

Lundqvist withstood tons of pressure from the Senators, who spent most of the closing five minutes in the Rangers' end. The win wasn't secure until Sergei Gonchar tripped Carl Hagelin as he skated toward the empty net with 36.2 seconds remaining.
THE ASSOCIATED PRESS

Tennis

Raonic's clay game 'progressing well'

Canadian Milos Raonic dominated sixth-seeded Spaniard Nicolas Almagro 6-3, 6-3 Thursday to reach the quarter-finals of the Barcelona Open.

The 11th seed from Thornhill, Ont., needed just 67 minutes to advance comfortably on Centre Court at the Real Club de Tenis against the clay specialist.

"This was probably my best win on clay," said Raonic. "There's been a big change for me this week. I'm very proud of my play today, and I'm progressing well."

Raonic will face No. 2 seed Andy Murray on Friday. THE CANADIAN PRESS

Milos Raonic reacts after Thursday's win.
THE ASSOCIATED PRESS

NHL

Chara, Karlsson and Weber in Norris running

Zdeno Chara of the Boston Bruins, Erik Karlsson of the Ottawa Senators and Shea Weber of the Nashville Predators are the finalists for the Norris Trophy for the NHL's best defenceman.

The winner will be announced June 20 at the NHL awards ceremony in Las Vegas.
THE ASSOCIATED PRESS

NHL. Devils advance with overtime win in Florida

Adam Henrique scored his second goal of the game at 3:47 of the second overtime, and the New Jersey Devils beat the Florida Panthers 3-2 in Game 7 early Friday to advance to second round of the Eastern Conference playoffs.

The Devils wasted a 2-0 lead in the third period, then recovered and earned a matchup with Philadelphia in the East semifinals. Stephen Gionta also scored in regulation for New Jersey, which won a series for the first time since 2007.

Martin Brodeur made 43 saves for the Devils in a game that ended on April 27 — the 20th anniversary of Brodeur's first playoff appearance for New Jersey.
THE ASSOCIATED PRESS

Devils Stephen Gionta, left, and Ryan Carter celebrate Thursday in Sunrise, Fla. J PAT CARTER/THE ASSOCIATED PRESS

NBA

Raptors finish season with win

The Toronto Raptors wrapped up another campaign to forget with a victory on Thursday — something they couldn't get nearly enough of when it mattered this season.

Ben Uzoh recorded Toronto's first triple-double in 11 years in the battle between bench players, with 12 points, 11 rebounds and 12 assists to lead the Raptors to a 98-67 win over the New Jersey Nets. Now, the Raptors head into the off-season to be playoff spectators for the fourth year in a row.
THE CANADIAN PRESS

Curling. Regina's Eberle and Hicke make Canada the lone undefeated team

Canada is the lone team to remain unbeaten in its group at the world mixed doubles curling championship.

Chantelle Eberle and Dean Hicke of Regina beat China 8-5 on Thursday to improve to 6-0 atop its group.

Meanwhile. China also beat Finland 11-1 and Latvia 8-4 to trail Canada at 5-1.

Canada plays Norway on Friday.

There are 27 teams competing at the event. Teams are divided into three round-robin groups — red, blue and yellow.

Round-robin play continues through Saturday.

Quarter-finals, semifinals and medal games will be played Sunday. THE CANADIAN PRESS

Quoted

"We watched (China) play a little bit and they are quite defensive. They would throw guards up early. So we wanted to get a feel for how they would play the game." Dean Hick

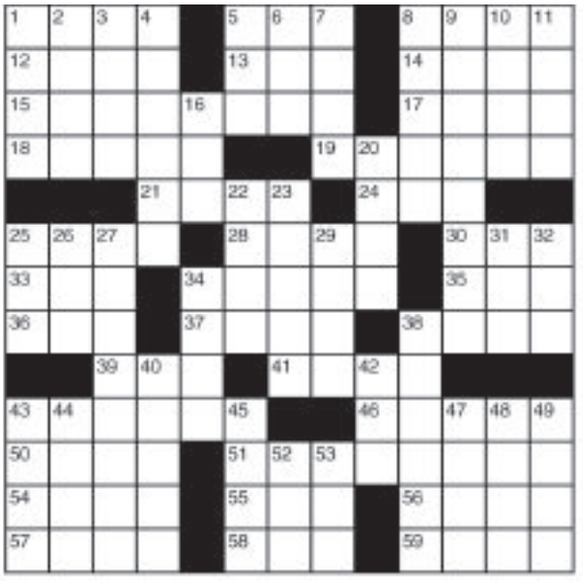
Crossword

Across

1 Approached the plate
5 Erstwhile acorn
8 Easy marks
12 Actress Spelling
13 Evening hour in old Rome
14 Fall hard
15 Most importantly
17 "Three Sisters" sister
18 Huge goof
19 Tortilla chips
21 Obi
24 Ring decision
25 Castle protection
28 Mexican entree
30 Submachine gun
33 Night bird
34 Antitoxin
35 Disencumber
36 Grown-up elver
37 Renders speechless
38 Venomous vipers
39 Bleacher denizen
41 Unwanted e-mail
43 Jagger's band
46 Undergo catharsis
50 Hoodlum
51 Pop song of 1952
54 Dumbo's "wings"
55 Chic no longer
56 Greek vowels
57 Atomizer squirt
58 Teensy
59 Arp's art

Down

1 Impale
2 Timber wolf
3 Unyielding
4 Strip
5 Eggs
6 Have a bug
7 Furnace of a sort
8 Enterprise officer
9 A very late time
10 Comic-strip possum
11 Resorts international?
16 Historic period
20 Fermi's bit
22 Leftovers recipe
23 Cottontails
25 Curly's brother
26 Haven't paid yet
27 Card game for crawlers?
29 Point
31 Energy
32 Driver's lic. et al.
34 Logical
38 Entertained
40 Apprehension
42 Suitable
43 Goblet feature
44 Siamese
45 Pack away
47— -tat-tat
48 Pleased
49 "Born Free" lioness
52 Shading
53 Noshed on

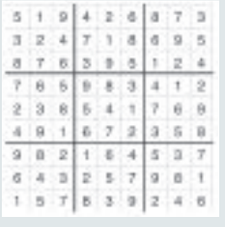


Sudoku

	8						5	
		4		8		6		
9	7						2	1
		8	9	2	1	3		
		1	4	3	6	9		
5	1						4	6
		6		7		5		
	2						8	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XZISBA PDLSI HTNUSH TZPSBAN, PDL PDSINPM EVSLBN VSYLX PT UEYL E NPTO GM PDL NOEHL GEI.

Yesterday's Cryptoquip: WHEN PEOPLE ARE CURSING ON A ROLLER COASTER, COULD YOU SAY THEY'RE SWEARING UP AND DOWN?

Today's Cryptoquip Clue: L equals E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20. Anyone who thinks they can blackmail you in any way, shape or form is in for a surprise today.

♉ Taurus | April 21 - May 21. You may have to tread on toes today but that's OK because you have serious things to take care of and you don't have time for pleasantries.

♊ Gemini | May 22 - June 20. You are in a playful mood at the moment and simply cannot be bothered with people whose outlook on life is negative

♋ Cancer | June 21 - July 22. You may feel that someone has let you down, but it's not the end of the world, so snap out of it.

♌ Leo | July 23 - Aug. 22. You have a knack of being able to make other people believe you. Use that talent to your advantage.

♍ Virgo | Aug. 23 - Sept. 22. It's not true that you don't have as much talent as your rivals, so stop tormenting yourself.

♎ Libra | Sept. 23 - Oct. 22. You can probably bluff your way out of trouble quite easily today but don't think you can go down this route indefinitely.

♏ Scorpio | Oct. 23 - Nov. 21. Don't push yourself too hard over the next two or three days because the serious stuff can quite safely be left until Monday morning.

♐ Sagittarius | Nov. 22 - Dec. 21. You won't be in a very chatty mood today, not at all your usual happy-go-lucky Sagittarian self.

♑ Capricorn | Dec. 22 - Jan 20. It seems you have come to the conclusion that certain issues are not worth getting worked up about.

♒ Aquarius | Jan. 21 - Feb 18. Don't give up on something just because it turns out to be harder than you expected.

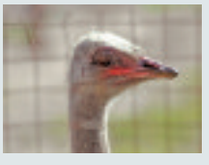
♓ Pisces | Feb. 19 - March 20. It's a good time to approach people in positions of authority. Show them that you are serious about moving up in the world they will help you in every way they can. **SALLY BROMPTON**

Caption Contest

"You are getting sleeeeeeepy"
Danille

MICHAEL PROBST/THE ASSOCIATED PRESS

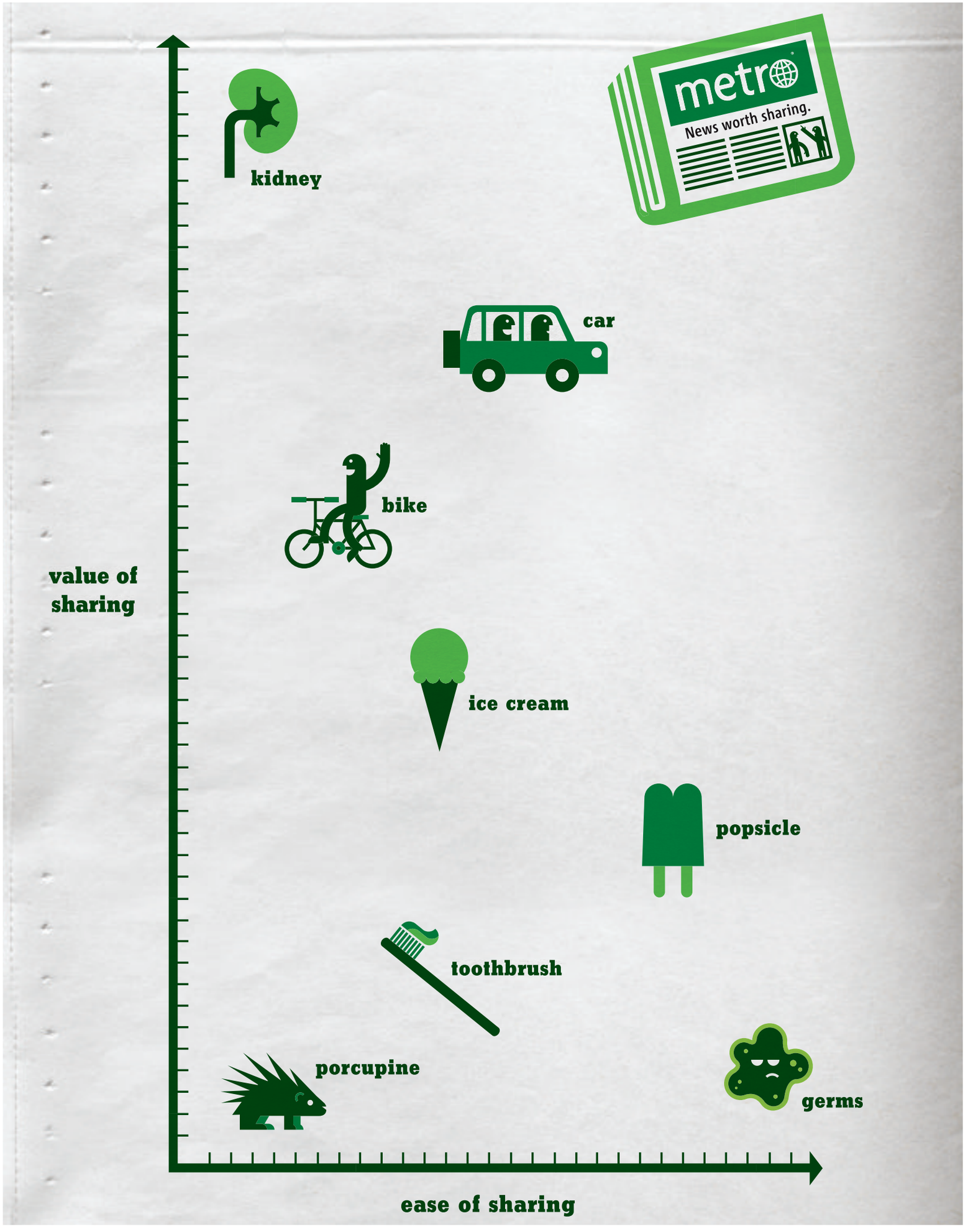
Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.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